



AN ALLIANCE OF  
COALITIONS FOR HEALTHY  
COMMUNITIES PROGRAM

The Alliance of Coalitions for Healthy Communities offers ReNEWed Jr, a program for 3-5th grade elementary school aged children and is designed to provide students with tools for dealing with stress, anxiety, and other difficult feelings. The program covers subjects focused on how to cope with difficult emotions, positive ways to address feelings, healthy/unhealthy relationships and appropriate and helpful communication skills.

This program consists of four, 45-minute lessons that can be implemented individually or as a collective.

**For more information,  
please contact us at  
(248) 221-7101  
or [info@achcmi.org](mailto:info@achcmi.org)**



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## Lesson 1: Find Your Calm

Students learn how to identify difficult emotions, the importance of acknowledging difficult feelings, and to practice healthy coping skills.



## Lesson 2: Healthy Coping

Students learn the importance of healthy coping skills. They will have the opportunity to practice new techniques to help with handling difficult feelings and emotions.



## Lesson 3: Unhealthy Friendships

Students learn the different characteristics that create an unhealthy friendship as well as learning about bullying and cyberbullying.



## Lesson 4: Healthy Friendships

Students learn the different characteristics that make up healthy friendships including how to become better at communicating and setting healthy boundaries.



**BEING YOU  
BEING STRONG  
INITIATIVE**



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**ACHCMI.org**

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